WINNIPEG metro®

NEWS WORTH SHARING.

T-SHIRTS FOR A CAUSE

RRC student Alexandra Martin shows off one of the T-shirts she's made up for Winnipeg middle- and high-school students. The students are working to help provide sanitary napkins for girls going to school in Nairobi, Kenya. See story, page 3. SHANE GIBSON/METRO

Just ride

WHEN DID WE GET SO BAD AT WINTER? COLUMNIST **COLIN FAST** UNCOVERS HOW WINNIPEG AND WINNIPEGGERS CAN RECLAIM THE SNOWY SEASON FOR CYCLISTS

PAGE 9

School worker charged over relations with teen

Sexual exploitation. Police say woman gave student drugs, alcohol

SHANE GIBSON
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A female educational assistant from a high school in the Winnipeg School Division has been charged after police allege she used drugs and alcohol to ply a 17-year-old male student into a sexual relationship.

Police said the events allegedly took place both during and after school hours starting in March of last year until October when the victim came forward to school officials.

"Seventeen years of age is still within the school system and still expecting that those employed are going to be looking after their best interests," said police spokesman Const. Eric Hofley. "The allegation is in this situation that that was not the case."

Neither police nor the WSD would say what school the woman worked at or whether any of the alleged events happened on school property.

Hofley did say the accused and the student had "a close working relationship."

Investigators believe sexual contact occurred "numerous" times over the span of the relationship. In each case, police say the victim was given drugs and alcohol beforehand.

The Child Abuse Unit started investigating after an internal investigation by the WSD.

"I think this victim realized that what was going on was inappropriate," explained Hofley, who wouldn't discuss whether the student was ever a willing participant. "He's been provided with drugs and/or alcohol so therefore his decision-making is impaired."

A WSD spokesperson said the accused has been put on administrative leave pending the results of a trial.

Sheryl Ann Dyck, 42, of Winnipeg, is charged with sexual exploitation, administering a substance with intent to stupefy a person to have illicit sexual intercourse, and supplying liquor to a minor.

Quoted

"I think this victim realized that what was going on was inappropriate ... He's been provided with drugs and or alcohol so therefore his decision-making is impaired."

Police spokesman Const. Eric Hofley

Open House

Tuesday, February 17, 2015
12pm - 3pm | 5pm - 8pm

Wednesday, February 18, 2015
9am - 2pm

Red River College

rrc.ca/openhouse

City budget.
Police chief, mayor work together

Mayor Brian Bowman and Police Chief Devon Clunis held a news conference Monday to let reporters know they're still working together despite a public tussle between the city's finance chair and a deputy police chief.

At last Thursday's finance committee meeting, Coun. Marty Morantz (Charleswood-Tuxedo) grilled Deputy Chief Art Stannard over police budgeting, asking if the city has too many officers "hanging around."

The rookie councillor asked Stannard for a report on what the force is doing to find savings, a request Stannard said he couldn't see through because the service reports through the police board, not council.

The next day Stannard told the police board he found Morantz's line of questioning to be "disrespectful."

Bowman confirmed at Monday's press conference that councillors are expected to direct questions about the Winnipeg Police Service through the police board.

Neither Bowman nor Clunis would speculate on whether this year's city budget would include a cut to the police's compliment.

SHANE GIBSON/METRO

Winnipeg's police chief Devon Clunis, right, and mayor Brian Bowman. SHANE GIBSON/METRO

Jordan Lobe of the Little Mountain Park Dog Club answers councillors' questions during Monday's protection and community services meeting. BERNICE PONTANILLA/METRO

Few reasons for park to stay on-leash: Allard

Little Mountain Park.
Councillor, dog club vice-president believe council should declare park a completely off-leash area

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Should a city-owned park just northwest of Winnipeg that's heavily used by dog owners be made completely off-leash?

That's the question council should be debating when it comes to Little Mountain Park, said Coun. Matt Allard after Monday's protection and community services committee meeting.

The committee voted in favour of a recommendation from the city's administration to make only about a quarter of the park — named areas A and C, which include picnic and open space — off-leash.

The other three-quarters of the park, named Area B, is "an ecologically significant area," according to the city, and would remain on-leash.

Allard said Little Mountain is currently a "de-facto dog park," since the city doesn't have the resources to enforce the on-leash and off-leash areas.

"The entire site is being used in that way," said Allard, who goes there with his dogs.

Allard said he'll consider bringing a motion forward to make Little Mountain completely off-leash, especially since $100,000 for a master plan for off-leash dog parks in Winnipeg hasn't been committed yet, meaning it could be years away.

Jordan Lobe, vice-president of the Little Mountain Park Dog Club, said his group fully expects that the master plan will recommend making this specific park off-leash.

"All we're saying is, 'You know what, maybe we can get ahead of that and implement this now,'" Lobe told media after the meeting.

Both Allard and Lobe argued it would be less expensive for the city to make Little Mountain a designated dog park.

The report now moves on to executive policy committee and, if approved there, would go to council.

City backs motion to learn why local 911 calls go to RCMP

A city committee has backed a motion to make sure precious seconds aren't lost due to wrongly relayed emergency cellphone calls made on the edges of the city.

On Monday, members of the protection and community services committee endorsed a motion for the Winnipeg Police Board, directing police to study calls that are being made within the fringes of city limits but going to the RCMP instead of Winnipeg police.

Coun. Jeff Browaty, who chairs the protection and community services committee, said the motion originated at the East Kildonan-Transcona community committee.

"The boundaries between populated areas of the bedroom communities in the capital region and the way they border on the City of Winnipeg are very close," said Browaty, adding that it was Transcona Coun. Russ Wyatt who first raised the concern after his constituents ran into this problem.

"In some instances, 911 even does go different places — if you're in East St. Paul and you call 911 inside the Perimeter Highway, ambulances are provided by the Winnipeg (Fire) Paramedic Service; however fire protection is provided by the RM of East St. Paul, so even the splitting of services is not always completely clear."

Browaty said the goal of the study would be to "minimize problems" in case of emergency because "sometimes seconds are very costly."

The matter may be resolved with better technology, Browaty added.

BERNICE PONTANILLA/METRO

Coun. Jeff Browaty
BERNICE PONTANILLA/METRO

Roblin Boulevard

Two charged in armed robbery

Two men are facing charges after police quickly nabbed them following an armed robbery in Charleswood on Sunday night.

Two men, one armed with a weapon, made off with an undisclosed amount of cash from a store in the 6500 block of Roblin Boulevard shortly after 8 p.m. Responding officers pulled over a vehicle speeding near Fairmont Road and Grant Avenue and noticed two of the three occupants matched the suspect descriptions.

Sean Roy Martin, 22, and James Joseph Mason, 21, both of Winnipeg, are facing multiple charges.

METRO

NDP leadership race

Manitobans want tax hike to go to infrastructure, says Selinger

Premier Greg Selinger is sticking with his commitment to the provincial sales tax hike that some believe is the reason he's fighting to keep his job as leader of the province's NDP.

Selinger says he has listened to Manitobans and they've told him they want that money going to infrastructure.

Leadership challenger Theresa Oswald has said she would set up a PST rebate for low-income families, while fellow challenger Steve Ashton has promised a referendum on the tax.

The governing NDP plummeted in opinion polls in 2013 after raising the provincial sales tax to eight per cent from seven.

THE CANADIAN PRESS

Police investigate early morning stabbing

A man was rushed to hospital in critical condition after police found him suffering from stab wounds in the 900 block of Mountain Avenue around 7:20 a.m. The victim has since improved to stable condition. Police continue to investigate, and no arrests have been made. SHANE GIBSON/METRO

Van driver on trial for killing man, 40

Jury trial begins. Woman — accused of running down man, son with vehicle — is facing murder charge

ADRIANA MINGO
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A woman accused of murdering a man by running him down with a van in Winnipeg's West End began her jury trial Monday.

The woman cannot be identified as she was 17 at the time of the Aug. 20, 2011 crash that claimed the life of Marcel Murdock, 40, and seriously injured his son, Craig Hanslip, then 21.

She has pleaded not guilty to charges including second-degree murder and attempted murder.

According to Crown prosecutors, Murdock and his son were deliberately struck by the accused with a 2006 Ford van following an early-morning "brawl" between several people outside a Garfield Street North home.

Prior to being run down, the victims tried to leave the scene in their own vehicle, but the accused blocked the street with the van, gunned the engine and twice rammed them, Crown attorney Sue Baragar told jurors in her opening address.

The victims' windshield was smashed and steam poured from the engine, causing them to get out and stand on the sidewalk. The woman then ran the men down with the van as they stood there, Baragar said.

The accused then left the area with her boyfriend, she added.

Murdock died and his son now lives with permanent disability, jurors heard.

The Crown and defence agree the accused was the driver that struck Murdock. The central issue the jury is to decide is one of intent, said Baragar.

The trial will feature eight witnesses, including three neighbours who called 911 and a child and family services worker who witnessed the event from across the street, said the Crown.

Student helping Kenyan girls stay in class

It's a very real hurdle facing girls and young women going to school in Kenya that many people would have trouble talking about, but not Alexandra Martin.

The 22-year-old Red River College student is helping to raise money for an international effort that provides sanitary napkins to girls in Nairobi, where the cost of pads and a lack of safe and clean facilities mean many stay home from classes once a month.

"It's not something we even think about here ... but these girls were missing over 20 per cent of their classes because of menstruation," explained Martin, a student in creative communications who designed a program that's getting students in Winnipeg involved as her final course project. "I'm trying to get people to think of themselves as global citizens, especially the high-school girls."

Martin has held workshops with students in Grades 8 through 12 at 15 Winnipeg public and private schools and groups from each school will hold bake sales this Friday to raise money for the Wasichana Fund, a non-profit that provides pads and pays for health education classes for girls in Nairobi.

Martin hopes her project both helps girls in Nairobi in the short term and, over the long term, inspires another generation to speak up for those not being heard around the world.

Giving back time

According to Martin, the Wasichana Fund has provided 55,000 pads and given back 256,000 hours of class time to girls in Nairobi since its founding in 2012.

For more information, or to donate, go to: givegirlsachance.squarespace.com

SHANE GIBSON/METRO

TRANSIT TUESDAY
Weekly Transit News Update

WANT TO SEE THE JETS IN ACTION?
Winnipeg Transit has plenty of great seats for every Winnipeg Jets home game. Avoid the hassle of driving and parking downtown. Leave your car at home and take a bus to the MTS Centre. Visit winnipegtransit.com for routes and schedule information.

GOING TO THE AIRPORT?
Winnipeg Transit provides convenient bus service to and from Winnipeg James Armstrong Richardson International Airport. The bus stop is conveniently located on Wellington Avenue at the southwest corner of the airport terminal. For route and schedule information, visit winnipegtransit.com or call 311.

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.
For your safety and convenience, Winnipeg Transit offers request stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop, then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?
Call 311 or visit Winnipeg Transit's lost property office at Winnipeg Transit's downtown service centre in Winnipeg Square.

PARK AND RIDE ... AND RELAX
Leave your car at a Park & Ride location near you and take a bus to your destination. You will enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about the Park & Ride service.

BE SMART WITH YOUR SMARTPHONE IN PUBLIC PLACES
Thefts of mobile devices are on the rise in North America, particularly smartphones and tablets. Remembering to be aware of your surroundings while in any public place can significantly lessen your chances of becoming a victim. For instance, don't walk and text at the same time, you will be less aware of what is happening around you. Don't leave your mobile device unattended or in view of anyone in close proximity — it just takes a second for someone to steal your phone.

Want to see the Jets in action?
Winnipeg Transit has plenty of great seats to the game!
Winnipeg
winnipegtransit.com or call 311

Silicone. Woman pleads guilty to bad injections

A Toronto-area woman who injected silicone into the buttocks of nine women — in some cases using syringes attached to a caulking gun — has pleaded guilty to aggravated assault.

Marilyn Ely Reid, 48, was arrested in November 2012 after a 28-year-old woman fell ill after receiving alleged Botox injections. Police said the woman underwent surgery to have the substance removed.

Investigators at the time alleged Reid advertised buttock, lip and muscle augmentations and Botox injections on a website called pmmainjection.com.

Several other victims came forward after her arrest.

Her lawyer, Calvin Barry, said Monday several of the women have had "serious health issues" ever since the procedure, which his client was not licensed to perform. Reid administered the injections with syringes, Barry said.

One of the women — none of whom can be identified due to a publication ban — is still unable to sit down, he said.

"The way it would work is she'd meet these people... at hotel rooms in the GTA and Toronto and then what she would do is, they'd pay her thousands of dollars and she'd inject them in the buttocks with a silicone-based ingredient," Barry said.

"It's a little shady when it's happening in a hotel room and cash currency is being passed, it's not like it's at a plastic surgery … location," he said, adding that the victims "kind of knew what they were getting into." THE CANADIAN PRESS

Details

Marilyn Ely Reid pleaded guilty to eight counts of aggravated assault endangering life — one count was withdrawn — and is due back in court Feb. 27.

- Her lawyer said the Crown is seeking a nine-to-10-year sentence, but he is arguing his client should get sentenced to time served because she is remorseful.

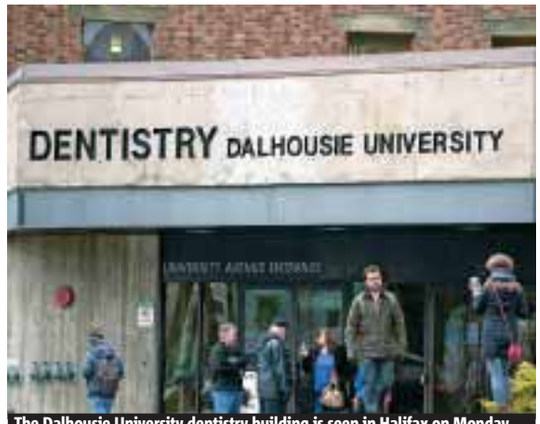
Dentistry students head back to class amid probe

Dalhousie University.
Dental clinic also reopens after delay

Students headed back to class at Dalhousie University's dentistry school Monday, with some men ordered to study elsewhere because of sexually violent comments made on Facebook about their female classmates.

Students wearing blue scrubs refused to comment as they went into the school for their first classes since the holiday break. The resumption of school was delayed by a week as the university dealt with the ongoing controversy.

Dalhousie University president Richard Florizone said Friday that 13 male dentistry students will have to attend classes remotely after they were alleged to have been part of a Facebook group that contained misogynistic comments.



The Dalhousie University dentistry building is seen in Halifax on Monday.
ANDREW VAUGHAN/THE CANADIAN PRESS

The university also delayed the reopening of a dental clinic at the school and stripped the 13 male students of their clinical privileges there.

Patients going to the clinic Monday had mixed feelings about the incident, with some saying the male students should be expelled while others said they should be allowed to finish their studies.

The student union has said it reported complaints of sexism in the dentistry program to the president last summer and were referred to the university's human rights, equity and harassment prevention office. The union says the matter was dropped when the office said complainants would have to provide their names.

The university has launched an independent investigation that will explore the environment, training and policies at the dentistry school to determine if they contributed to a tolerance for misogyny and sexist conduct.

The Facebook page at the centre of the controversy has been taken down. But according to the CBC, members of the Class of DDS Gentlemen page on Facebook voted on which woman they'd like to have "hate" sex with and joked about using chloroform on women.

The CBC said in another post, a woman is shown in a bikini with a caption that says, "Bang until stress is relieved or unconscious (girl)." THE CANADIAN PRESS

Latimer can't travel abroad: Parole board

The lawyer for Robert Latimer says his client is appealing a parole board decision that prevents him from travelling freely outside Canada.

A Federal Court judge ruled in September that there was nothing to indicate the 60-year-old Saskatchewan farmer is a danger and should be prevented from travelling internationally.

The judge ordered the Parole Board of Canada's appeal division to reconsider the case.

But in November, the board said it wouldn't lift the restriction, ruling Latimer has yet to show that he is capable of reporting to authorities with complete transparency.

Lawyer Jason Gratl said Monday his client is being deprived of reasonable parole conditions.

"I'm deeply troubled by the pattern that's emerging of the Parole Board of Canada ignoring what judges have had to say about Mr. Latimer and the fact that he doesn't pose a risk to society," Gratl said.

In its decision, the board said that although Latimer is a low risk to society, "a level of risk continues to be present." THE CANADIAN PRESS

Conviction

Robert Latimer was given a life sentence for the 1993 second-degree murder of his 12-year-old daughter, who had cerebral palsy. He put her in the cab of his truck on his family's farm near Wilkie, Sask., and piped exhaust inside.

- Latimer has always said he wanted to end his child's chronic pain.

Frederic Dion

Quebecer returns to Canada after solo trip to Antarctic

Frederic Dion's biggest challenge on his solo trip to the Antarctic had nothing to do with the solitude, the bitterly cold temperatures or the howling winds.

It was the thought of his wife and two young daughters back in Quebec.

"Kite-skiing for 24 hours in extreme conditions is a challenge I love," he said after arriving back in Montreal on Monday.

"Putting up a tent in a blizzard is something I can do and have fun doing. But being far from my children and wife was my biggest difficulty."

Dion, 37, made the trip to the Antarctic on skis with the help of wind-sail.

He ended his voyage at Hercules Inlet on Jan. 3, completing in 54 days and six hours the crossing of Antarctica that he began on Nov. 10 from the Russian Base Novolazarevskaya.

All told, he covered 4,382 kilometres in 54 days. THE CANADIAN PRESS

International push. Probe missing, murdered native women cases: Rights group

An international body has joined Canadian domestic calls for a national inquiry into missing and murdered aboriginal women and girls.

A report from The Inter-American Commission on Human Rights (IACHR), an arm of the Organization of American States, says an inquiry or national action plan is needed to get at the root of the problem.

The report, issued in Washington, followed an investigation the commission conducted in Canada in 2013. The body spoke with government officials, opposition politicians and native representatives in both Ottawa and British Columbia.

"The IACHR considers that there is much more to understand and to acknowledge in relation to the missing and murdered indigenous women," the report said. "This initiative must be organized in consultation with indigenous peoples, particularly indigenous women, at all stages."

The report said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population. THE CANADIAN PRESS

Activists react

Canadian activists who have been pressing the federal government for just such an inquiry welcomed the report.

Three climbers found dead in B.C.

A rescue-crew member heads to a helicopter in Pemberton, B.C., north of Whistler, on Monday to search for three missing ice climbers. The climbers were eventually found dead in a crevasse about 300 metres below Joffre Peak. Police are not releasing the names of the victims at this time but described two of them as a man and woman in their mid-30s from the Metro Vancouver area and the third as a woman in her late 20s who was an international visitor. DAVE STEERS/THE CANADIAN PRESS

Taser death. Perjury case against Mounties to proceed

An RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lost an attempt Monday to dismiss a perjury charge related to his testimony at a public inquiry.

Const. Kwesi Millington was among four officers who confronted Dziekanski during his fatal encounter with police in October 2007. All four were later charged with perjury over their testimony given at a public inquiry two years later.

The Crown, which alleges the officers colluded to lie to investigators and then perjure themselves at the inquiry, wrapped up its case against Millington late last year.

Millington's lawyer then made an application to end the trial and throw out the charge, arguing the Crown had produced no evidence that could support a conviction.

RCMP Const. Kwesi Millington
DARRYL DYCK/THE CANADIAN PRESS

But B.C. Supreme Court Judge William Ehrcke said the Crown had put forward some evidence that, if true, could support a guilty verdict, though he cautioned that his ruling had no bearing on whether Millington would eventually be convicted or acquitted.
THE CANADIAN PRESS

Too cold for elephants?

Edmonton Valley Zoo under fire

An international animal-rights group has named Edmonton Valley Zoo to a "Hall of Shame" for not moving its lone elephant, named Lucy, to a warmer climate. In Defense of Animals says the label is reserved for zoos that refuse to make changes within a reasonable time that would benefit their elephants. Activists say Edmonton's winter is too harsh for the elephant. THE CANADIAN PRESS

Lac-Mégantic

Payout not enough: Official

The funds earmarked for those affected by the Lac-Mégantic train disaster represent just a fraction of what's needed, a town official says. A $200-million US settlement was announced last week, with more than half of the money going to various levels of government. About $50 million is destined for relatives of the 47 people who died in the July 2013 disaster, but it could rise. THE CANADIAN PRESS

Mounties arrest a third man in alleged terror plot

Bound for India. Suliman Mohamed is facing terrorism-related charges, along with twin brothers Ashton and Carlos Larmond

The RCMP swooped in on an alleged terrorist conspiracy because one of the suspects was about to get on a plane to India, The Canadian Press has learned.

The Mounties have charged three young Ottawa men — including twin brothers — with various terrorism-related offences.

On Monday, the RCMP charged Suliman Mohamed, 21, with participation in the activity of a terrorist group.

Mohamed was also charged with conspiracy to participate in a terrorist activity with two other Ottawa men.

On Friday, 24-year-old twins Ashton Carleton Larmond and Carlos Honor Larmond of Ottawa were charged with various terrorism-related offences.

The RCMP says Carlos was arrested at Montreal's Pierre Elliott Trudeau Airport as he was intending to travel overseas for terrorist purposes. The Mounties did not say where he was headed.

The Canadian Press has since learned he was bound for India, though it is unclear if that was his final destination.

Ashton, who played pickup hockey on a men's team, was arrested in Ottawa.

Joseph Addelman, a lawyer for the brothers, said Saturday they planned to vigorously dispute the charges.

They are due for a second court appearance Feb. 12.

Mohamed was scheduled to appear in court Tuesday morning. But as of Monday, very few details were made public about what the three were alleged to have done.

The Mounties said they would not be providing additional details, given that the matter was now before the courts.

Chief Supt. Jennifer Strachan, criminal-operations officer for the RCMP in Ontario, said the arrests underscore the reality that there are individuals in Canada who have become radicalized to a violent ideology "and who are willing to act upon it."

The RCMP thanked Integrated National Security Enforcement Team partners from the Ottawa Police Service and the Ontario Provincial Police.

Canada and other western nations fear that citizens who go abroad to take part in the Islamic State of Iraq and the Levant's guerrilla-style battles could come home with intent to do harm. The latest arrests have rekindled discussion about homegrown radicalization. THE CANADIAN PRESS

New laws may be coming

The government is contemplating new laws in response to the October 2014 attacks in which two soldiers — one at the National War Memorial, the other in St-Jean-sur-Richelieu, Que. — were killed.

- It has also introduced changes to strengthen the ability of Canada's spy service to probe terror suspects overseas.

Man convicted of weapons charge claims racial profiling

A man convicted of a gun offence takes his case to Ontario's top court on Tuesday to argue he was a victim of racial profiling.

In a factum filed with the court, lawyers for Richard Steele say his trial judge erred in finding him guilty by failing to properly consider evidence of racial profiling.

In 2010, an Ontario Superior Court justice convicted Steele of concealing a loaded handgun under the front passenger seat of his mother's car after being pulled over in Hamilton. There were four black men in the car.

Court documents show his lawyer, Anthony Moustacalis, says the gun should have been excluded as evidence because Const. Yvonne Stephens conducted an improper search of the vehicle.

Moustacalis also maintains that police pulled the vehicle over only because of the driver's race.

He says the officer's request to help the driver find the vehicle's insurance card — which led to the discovery of the gun under the seat — was "bizarre" and did not amount to obtaining informed consent for the search.
THE CANADIAN PRESS

Crown's reaction

The Crown denies racial profiling had anything to do with the incident and says the officer's behaviour was not unusual or racist.

Rumours of death

Fidel Castro writes letter to Maradona: TV network

Fidel Castro on Monday sent soccer legend Diego Maradona a letter written to quash rumours of the Cuban leader's death, state-run television network Telesur reported. It was the first reported word from Castro in nearly three months.

The network funded by Venezuela, Cuba and other allied government showed photos of Maradona with the letter signed by Castro, 88. Telesur revealed nothing about the contents of the letter, but said it rebutted rumours he had died.

Telesur is broadcast on state television in Cuba, where Maradona has been filming episodes of a television show he hosts.

THE ASSOCIATED PRESS

Crashed AirAsia jet

Flight data recorder pulled up from sea

Investigators trying to figure out why AirAsia Flight 8501 crashed into the Java Sea on Dec. 28 might now have the tools they need to provide answers.

On Monday the flight's data recorder was pulled up from the bottom of the shallow sea. The cockpit voice recorder was also located but had not yet surfaced. It could take up to two weeks to analyze all the data on the so-called black boxes. Based on past crashes, the information retrieved could be vital.

The two separate devices — actually orange boxes designed to survive extreme heat and pressure — should provide investigators with a second-by-second timeline of the plane's flight.

THE ASSOCIATED PRESS

U.S. military

Central Command sites hacked

Hackers claiming to be working on behalf of Islamic State militants seized control of the Twitter and YouTube sites of the military's U.S. Central Command on Monday, but the Pentagon swiftly suspended the sites and said no classified material was breached.

THE ASSOCIATED PRESS

This screen grab made Monday shows the front page of the U.S. Central Command twitter account after it was hacked.

THE ASSOCIATED PRESS

France hunts for accomplices to 3 dead extremist attackers

Mission to protect sensitive sites. Country mobilizes 10,000 troops

As many as six members of a terrorist cell involved in the Paris attacks may still be at large, including a man who was seen driving a car registered to the widow of one of the gunmen, police officials said Monday.

Two French police officials told The Associated Press that authorities were searching the Paris area for the Mini Cooper registered to Hayat Boumeddiene, the widow of Amedy Coulibaly. Turkish officials say she is now in Syria.

The French police officials spoke on condition of anonymity because they are not authorized to discuss details of the investigation with the news media.

France deployed 10,000 troops to protect sensitive sites — including Jewish schools and neighbourhoods — in the wake of the attacks that killed 17 people last week. Brothers Cherif and Said Kouachi, as well as Coulibaly, their friend who claimed ties to Islamic extremists in the Middle East, died Friday in clashes with police.

Prime Minister Manuel Valls said the manhunt is urgent because "the threat is still present" after the attacks that began Wednesday with 12 people killed at the satirical newspaper Charlie Hebdo by gunmen the police identified as the Kouachi brothers.

Authorities said Coulibaly killed a policewoman Thursday and then killed four people at a kosher supermarket Friday before all three attackers were slain in two nearly simultaneous clashes with security forces around Paris. THE ASSOCIATED PRESS

Anti-Islam rally

German march attracts 25,000

A weekly anti-Islam rally in the eastern German city of Dresden drew its biggest crowd yet on Monday, after organizers declared it a tribute to the victims of the terror attacks in Paris. Organizers said 40,000 people participated in the march, while Dresden police put the figure at more than 25,000 people — still more than the 18,000 who came last week.

One of the 10,000 armed troops deployed to protect sensitive sites, including Jewish schools, patrols outside a Jewish School in the Marais district of Paris as children make their way home on Monday. JEFF J. MITCHELL/GETTY IMAGES

Quoted

"It's fair to say we should have sent someone with a higher profile."

White House spokesman Josh Earnest, making a rare public admission of error on behalf of the Obama administration, on the decision to let the U.S.'s ambassador to France be the most senior government official to attend Sunday's anti-terror rally in Paris.

"Doesn't the intelligence service there follow those who have been released?"

Turkish President Recep Tayyip Erdogan, on why two of the gunmen in the attacks in France were not monitored more closely after serving their prison sentences.

Pakistani school reopens after Taliban massacre

Mohammad Baqair, who survived last month's Taliban attack on a military-run school that killed his mother, flashes a victory sign on his way to the Army Public School which was targeted by Taliban militants, in Peshawar, Pakistan, Monday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistani children returned on Monday to the school where Taliban gunmen killed 150 of their classmates and teachers last month, clutching their parents' hands tightly in a poignant symbol of perseverance despite the horrors they had endured.

It was the first time the school had opened since the assault, and security was tight. The nation has been reeling from the Dec. 16 terrorist attack in Peshawar — one of the worst Pakistan has experienced. The violence carried out by seven Taliban militants heaped pressure on authorities to end the stubborn insurgency that kills and maims thousands every year.

The massacre also horrified parents across the nation and prompted officials to implement tighter security at schools.

For Peshawar parents like Abid Ali Shah, Monday morning was especially painful as he struggled to get his sons ready for school, something his wife used to do. She was a teacher at the school and was killed in the violence. Both of his sons attended the school. The youngest was shot in the head but survived after the militants thought he was dead.

"A hollowness in my life is getting greater. I am missing my wife," Shah said. He said he had wanted to shift his children to a different school or city but decided not to because they still have to take exams this spring: "Everything is ruined here, everything."

His older son, Sitwat Ali Shah, 17, said that when he saw his brother break down in tears as they prepared to go to school he did as well. Sitwat said both he and his brother have trouble sleeping and often wake up, crying for their mother. THE ASSOCIATED PRESS

Ceremony

A ceremony was held at the school to mark its reopening, and classes are to resume on Tuesday. Security was tight, part of a countrywide effort to boost safety measures at schools in the wake of the attack.

Top: people sell goods outside the ruins of the old Iron Market on Feb. 15, 2010. Bottom: the market on Jan. 10, 2015, after being rebuilt by Haiti's biggest employer, Digicel. DARIO LOPEZ-MILLS, DIEU NALIO CHERY/THE ASSOCIATED PRESS

Haiti slowly rebuilds five years after quake

Mixed progress. Some areas have been 'built back better,' but others look much the same

It's been five years since the ground shook violently in and around Port-au-Prince, the overcrowded capital of Haiti, raising a cloud of dust over the smashed city and outlying towns.

The devastating 7.0-magnitude earthquake struck at 4:53 p.m. on Jan. 12, 2010, killing some 316,000 people, according to Haiti's estimates.

Some 1.5 million Haitians were left homeless, and the country's government was obliterated. Desolate streets were filled with rubble and the piercing sounds of anguish.

Today, some hard-hit sites in Port-au-Prince have changed dramatically, and most lots are cleared of rubble. The historic Iron Market in downtown Port-au-Prince, levelled by the 2010 quake, has been replaced by a colorful new landmark with decorative minarets and a clock tower.

The pancaked National Palace, its collapsed domed roof a powerful image of a government in ruins, has since been demolished and its wreckage cleared from the grounds.

Some of the broken white walls of the once-towering National Cathedral still stand. The site has attracted a few destitute Haitians, still living in tarp shelters.

A trash-strewn market area in downtown Port-au-Prince still looks ramshackle five years later, though splintered power lines have since been carted away.

Some places have seen more progress than others, but one thing is clear: Haiti still has a long way to go before it can say it has finally been "built back better," the goal repeatedly stated by reconstruction officials.

THE ASSOCIATED PRESS

Killed

316K

The 2010 earthquake killed an estimated 316,000 people and displaced 1.5 million more.

Magnitude

7.0

A 7.0-magnitude earthquake struck Port-au-Prince on Jan. 12, 2010.

Barriers

Haiti is the poorest country in the Western Hemisphere.

Nigeria

Townspeople exterminated by Boko Haram

Survivors of an assault by Islamic militants that killed a large number of civilians in Nigeria have described days of systematic violence in which people were slaughtered "like insects."

The accounts were given by villagers who fled the carnage around the northeastern town of Baga. The killing unfolded over several days after Boko Haram seized a military base there on Jan. 3.

Amnesty International said there are reports that the death toll could be as high as 2,000, though some witnesses cite lower tolls in the hundreds.

In Washington, U.S. State Department spokeswoman Marie Harf said Nigeria needed to move forward with "credible and peaceful elections" on Feb. 14, despite the attacks, but acknowledged it would be difficult.

THE ASSOCIATED PRESS

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Keystone XL. Pipeline clears Senate hurdle

The Keystone XL pipeline has passed a major procedural hurdle in the United States Congress.

The U.S. Senate has agreed to move forward on a bill that would force President Barack Obama to approve the controversial Canadian oil infrastructure.

This is the first bill to advance in the newly sworn-in Congress and represents a demonstration of the new power wielded by the Republican Party since the midterm elections.

Similar measures had repeatedly failed in the last Senate, controlled by Democrats — but this time the measure has got 63 votes, three more than required to override a filibuster. The Senate's Bill 1 now moves back onto the floor for additional debates, which could lead to major amendments.

But there's one fly in the ointment for pipeline supporters: President Obama has already signalled he'll veto the bill because he says it's up to his administration, not lawmakers, to approve or reject cross-border infrastructure.

THE CANADIAN PRESS

Gros Morne. Artists push for buffer around park

Canadian artists, writers and musicians ranging from Hey Rosetta to novelist Joseph Boyden are pushing for action to protect Gros Morne National Park in western Newfoundland.

They've signed an open letter to Prime Minister Stephen Harper and Newfoundland and Labrador Premier Paul Davis urging a buffer zone to prevent hydraulic fracturing and other development near the UNESCO world heritage site. THE CANADIAN PRESS

Mounties balk at paying Rogers to get their man

New fees. Dispute simmering over who should pay when the force asks for help in investigating cases

A phone displays the RCMP website in this photo illustration.
DOUG IVES/THE CANADIAN PRESS

The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones.

Police say the telecommunications firm is legally obligated to provide such court-ordered services and to cover the cost as part of its duty to society. Rogers says that, while it picks up the tab for most judicially approved requests, in some cases it will charge a minimal fee.

The quietly simmering dispute began late last May when Rogers wrote to RCMP divisions and other police services across Canada to say it would usher in new fees to law enforcement on Aug. 1.

The fees applied to help in executing warrants for tracking customers' movements through cellphone data and to production of affidavits certifying records when testimony is required to explain them in court.

The note, obtained under the Access to Information Act, points to a 2008 Supreme Court of Canada decision in which the judges said companies would generally be expected to comply with court orders on their own dime unless costs became unreasonable. In that case, the court said it was not unreasonable for Tele-Mobile Co. to pay annual costs of between $400,000 and $800,000 to comply with production orders.

THE CANADIAN PRESS

Business outlook

Cheap oil dims energy sector: BoC

The Bank of Canada's business outlook survey found companies in Western Canada planned to reduce investments in equipment and hiring following the oil-price collapse, while Eastern and Central Canadian companies said they were planning to invest more, particularly in manufacturing. THE CANADIAN PRESS

Market Minute

DOLLAR 83.56¢ (-0.71¢)

TSX 14,265.01 (-119.91)

OIL $46.07 US (-$2.29)

GOLD $1,232.80 US (+$16.70)

Natural gas: $2.795 (-15.1¢)
Dow Jones: 17,640.84 (-96.53)

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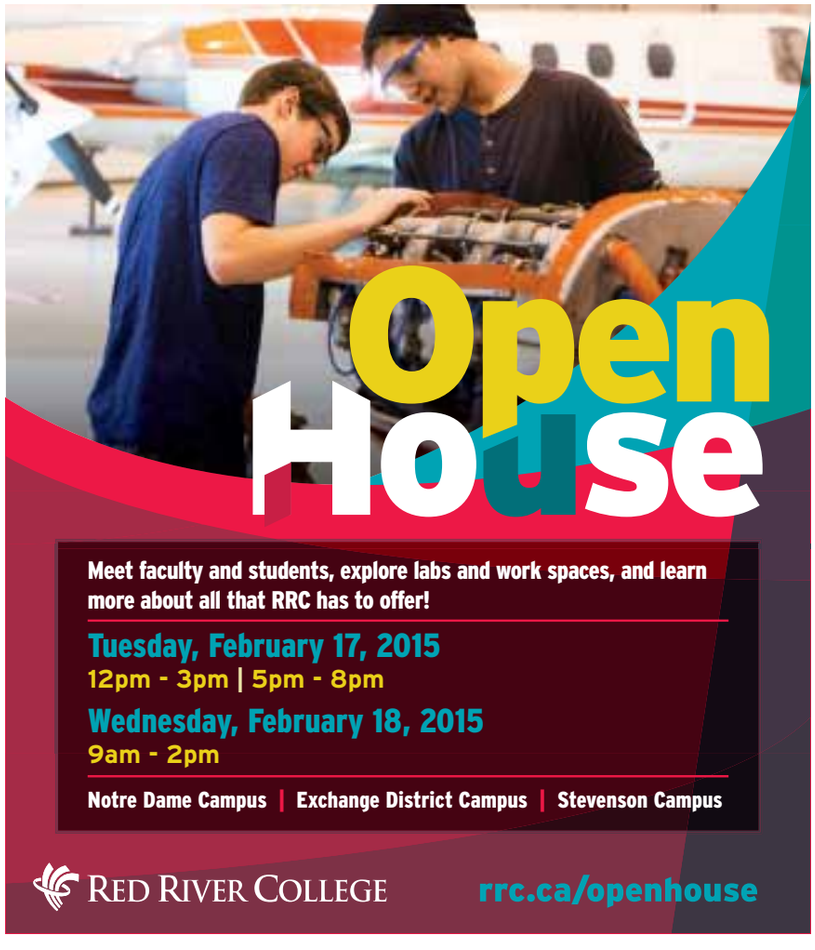
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VOICES

FOR GRANDMAS & GEARHEADS ALIKE

Author says cycling community and cities need to do more to 'normalize' the idea of winter cycling, including building separated bike lanes and clearing snow from bike paths

YOUR RIDE
Colin Fast

Cycling in the winter can work just as well for grandmas as it does for gearheads; it's all about having the right attitude and a little help from the city, according to Tom Babin.

Babin is a Calgary journalist, commuter cyclist and the author of Frostbike: The Joy, Pain and Numbness of Winter Cycling, which might be the world's first book on the topic.

"Staying warm is the easiest part of winter cycling," he said. "But there's a perception out there that you have to be a masochist or an extreme athlete to do it, and I think that's really frightening a lot of people off."

A visit a few years ago to the small Finnish city of Oulu in the dead of winter showed him that year-round cycling can work for anyone.

"There were families and people of all ages out on bikes," he said. "But what really opened my eyes was being at the grocery store and seeing a grandma come out with a bag of groceries and pop it into her basket and ride off into the snow. You never see that in Canada."

To get there, he said the cycling community and cities need to do more to "normalize" the idea of winter cycling. This includes building more separated bike lanes and clearing snow from bike paths.

"Cities that have gone down this road have got their winter cyclist numbers up to where their summer numbers used to be," he explained. "We have proof that it works in other winter cities, so it can work anywhere."

He added that Winnipeg's consistent cold can actually be an advantage for maintaining winter bike infrastructure compared to cities that go through several freeze-thaw cycles every season.

As for what gear cyclists should use, he said that's going to vary depending on weather conditions and commuting routes. However, riding in the winter doesn't necessarily require a custom bike or special clothing. After years of experimenting, he has settled on an old mountain bike he converted into a single speed. As for clothing, he typically wears one layer less than what he'd put on to walk somewhere, and often wears his work clothes while riding.

"As Canadians, we've gotten bad at winter over the years, and we've forgotten what it's like to get outside and enjoy it, " Babin said. "As we start to embrace winter a bit more, it will get easier. And riding your bike to work makes it a lot more fun."

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Meanwhile, in Finland ...

"There were families and people of all ages out on bikes. But what really opened my eyes was being at the grocery store and seeing a grandma come out with a bag of groceries and pop it into her basket and ride off into the snow. You never see that in Canada."

Tom Babin, author of Frostbike: The Joy, Pain and Numbness of Winter Cycling

A man braves the snowy roads on his bicycle. A Calgary commuter cyclist and author tells Metro's Colin Fast that the cycling community needs to work closely with cities to get Canadians on their bikes in winter. TORSTAR NEWS SERVICE

Introducing Your Ride

Metro is proud to introduce Your Ride, a weekly transit column about how you get around town — be it by transit, bike, car or foot.

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Yes, violence abounds, but peace is on the increase

ROBSON FLETCHER
readers@metronews.ca

Last week, the world was shocked by the brutal attack on the Charlie Hebdo newspaper headquarters in Paris.

Within the past few months there's been the deadly shooting on Parliament Hill, the massacre at a school in Pakistan, a passenger plane shot out of the sky over Ukraine.

Last decade brought us the Sept. 11 attacks, the Iraq war, and the genocide in Darfur.

All of this violence, all of this savagery, all in real-time.

We live in an era in which the worst of humanity is live-streamed, live-tweeted, or live-broadcast (now in high definition!) for immediate consumption and maximum emotional impact. The inundation of gruesome imagery, understandably, can make it seem like the world is a frightening and increasingly violent place.

Yet, we also live in an era that's been described by Canadian-born Harvard professor Steven Pinker as likely the least violent — ever.

"Today, we are probably living in the most peaceful time in our species' existence," Pinker said, citing a plethora of historical and recent data, during a speech at the TED conference in Monterey, Calif., in March 2007.

By the end of that year, New York City — once known for its sky-high crime rates — had seen its fewest homicides since the NYPD started keeping detailed records in 1963. Since then, the low-murder mark has been broken four more times, in 2009, 2012, 2013 and 2014.

Last year saw just 332 homicides in the United States' largest city, down from its staggering peak of 2,245 murders in 1990. The country, as a whole, has seen its murder rate cut in half in the last quarter-century.

Canada has followed a similar trend. Our murder rate peaked in 1975 at 3.03 per 100,000 people, then dropped steadily to just 1.44 in 2013 — the lowest rate since 1966.

All of this is continuing a long trend that has been observed over centuries by Manuel Eisner, a comparative criminologist at the University of Cambridge.

"Serious interpersonal violence decreased remarkably in Europe between the mid-16th and the early 20th centuries," he wrote in a major study on the topic.

Eisner focused largely on homicides and crime — but, when it comes to large-scale violence, the world also has become increasingly peaceful.

The number of people killed in armed conflicts has plummeted in the past half-century, according to the Vancouver-based Human Security Report Project, which measured "state-based battle deaths" per million humans.

In 1950, the rate stood at 236. By 1971, it was 101. During the 1990s, it had dropped to about 15.

But the most peaceful decade, by far, was the first part of the 21st century, with roughly three people killed per million, per year, in war.

And it's not just state conflicts, although those have historically claimed the most lives, by a large margin. As Pinker observed: "Since the end of the Cold War there have been fewer civil wars, fewer genocides — indeed a 90 per cent reduction since post-World-War-II highs."

None of this is to minimize the suffering that so many people continue to experience today. Civil war rages on in Syria. Boko Haram continues to slaughter and inflict unimaginable horror on the people of Nigeria. Terrorists continue their attempts to intimidate free societies. Murderers continue to kill men, women and children.

The world, in many ways, is still a terrible place.

But it's getting better.

Robson Fletcher is a senior reporter for Metro Calgary.

metro

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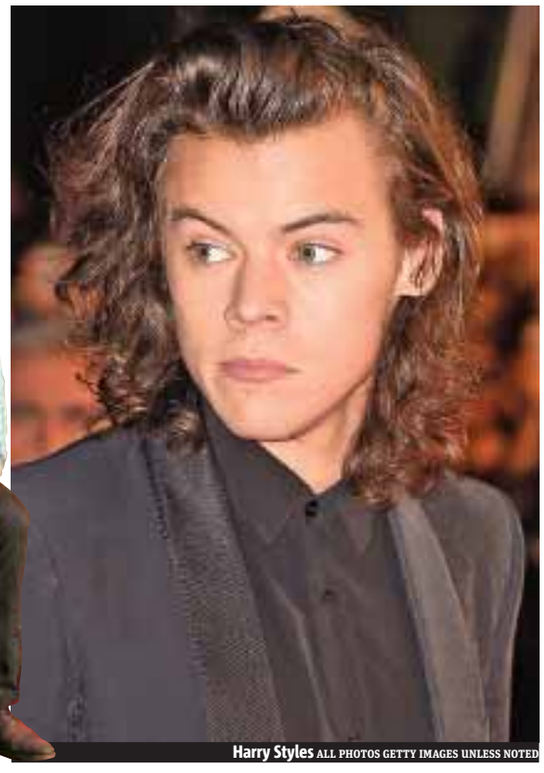
Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Harry Styles ALL PHOTOS GETTY IMAGES UNLESS NOTED

Harry is dating in style but wants to keep it secret

Nadine Leopold

One Direction's most likely solo artist, Harry Styles, has earned himself another celebrity merit badge — this time for Victoria's Secret model-dating. Nice work, Style!

The floppy-haired crooner has reportedly been getting quite cosy with Nadine Leopold as of late.

"Harry has been getting more serious with Nadine," a source tells Us Weekly, adding that the pair are "spending lots of time together" lately.

But another source insists we shouldn't read too much into their quality time.

"Harry is having a good time being a young rock star," the second source says.

"You will know he has a girlfriend when he steps out on the red carpet with one.

"Until then, he's having fun and enjoying life."

I guess that's us told. Still, congratulations?

Rowling twists tweet right back at Rupert

J.K. Rowling

If social media is good for anything, it offers a fantastic platform for witty comebacks.

J.K. Rowling used it for just such a purpose after Rupert Murdoch riled folks with his Charlie Hedbo-related tweet insisting all Muslims need to be held accountable for the actions of the men behind last week's attack in Paris.

Instead of just shouting back, Rowling turned his own twisted logic against him, posting, "I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate."

And folks in the Twitter-verse seemed to agree with her, as her tweet quickly earned more than 20,000 favourites, compared to Murdoch's 3,000.

Stars shed their clothing as Golden Globes venue cranks up the heat

Benedict Cumberbatch

If you thought the stars at the Golden Globes looked a little shinier than usual, you're not wrong.

Turns out the air conditioning at the Beverly Hilton just wasn't on Sunday night. Couple that with the rain that plagued Los Angeles all weekend and you've got one humid ballroom, illustrated by glistening presenters, multiple men — like Benedict Cumberbatch and Matthew McConaughey — ditching their jackets, and actresses furtively fanning themselves.

One attendee even passed out at his table, prompting a visit from paramedics during the show. Fun times.

Is Beyoncé's bump a baby or just a saucy daughter?

It seems Beyoncé can't even enjoy a simple afternoon of being buried in sand by Blue Ivy without everyone jumping to the conclusion that she's expecting again.

But that's probably because her three-year-old daughter decided to give her a rather noticeable bump in sand sculpture form.

Beyoncé posted an Instagram pic of herself under the sand, and set off a firestorm of speculation.

Maybe this really is her way of announcing the news? Or maybe Blue Ivy is just being extra-critical at a surprisingly young age.

Beyonce INSTAGRAM

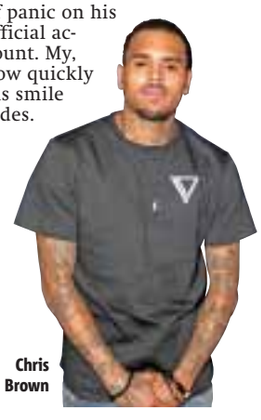
Chris Brown jokes, panics as shots fired at his show

A recent Chris Brown show in San Diego ended in chaos after gunfire rang out at a Fiesta nightclub while the embattled singer was on stage, according to TMZ.

Video from the gig shows Brown noticing a scuffle and making light of it before shots were fired and his security sprang into action.

Police sources say five people were wounded in the incident, although no suspects have been named.

Brown, no stranger to gunfire at his events, didn't seem that weirded out by it. He even shared a Vine of the moment of panic on his official account. My, how quickly his smile fades.



Chris Brown

8 hotly anticipated albums

If 2014 felt light on compelling albums it's likely because several of music's marquee artists took a 12-month sabbatical with an eye on 2015. Thus, there's plenty to be excited about over the next year. Here are eight of the most awaited albums expected in 2015, ranked in alphabetical order by artist

THE CANADIAN PRESS

Belle & Sebastian

The Glaswegian melodic artisans have yet to place a wrong foot in their nearly 20-year career, with 2010's lived-in Write About Love standing as another winsome triumph. Elastic-limbed new single The Party Line certainly augurs well for Girls in Peacetime Want to Dance, their first new full-length in nearly five years. **Release date: Jan. 20**

Bjork

The Icelandic iconoclast has been collaborating with Venezuelan producer Arca (who contributed to Kanye West's brilliant Yeezus, as well as his own well-regarded debut Xen) for her followup to 2011's Biophilia. That album was actually an ambitious multi-pronged multimedia suite, and while it earned the 49-year-old typically enthusiastic critical praise, her forthcoming ninth album would benefit from a renewed focus on songwriting. **Release date: unknown**

Drake

The Toronto rapper took 2014 off — if you can call it a year off after contributing some top songs (Trophies and 0 to 100), features (on iLoveMakonnen's irrefutable Tuesday) and memes (rolling lint at a Raptors game). A savvy pop prognosticator, Drake's new record might be called Views From the 6 and seems likely to influence more than just his hometown's nickname du jour. **Release date: unknown**

Grimes

The Montreal composer, born Claire Boucher, casually tossed off one of 2014's most indelible bangers in Go. She had also been working on the followup to 2012's Visions, but she told the New York Times she threw that album away and started again, raising expectations that were already high after her last standard-setting collection of idiosyncratic electronic pop. **Release date: unknown**

Kendrick Lamar

So high are our collective expectations for the dexterous Compton rapper's followup to insta-pillar Good Kid, M.A.A.D City that his recent comeback single, called i, was initially deemed a defanged disappointment. Well, the earthy Isley Brothers-derived tune has given Lamar his fourth Top 40 hit Stateside (and his highest-charting track in Canada) and most likely pulled even more people into the waiting room for his next appointment. **Release date: unknown**

Miguel

A new album from the spry, restlessly talented R&B songwriter was once due for last fall, two years after the release of his splendid second LP Kaleidoscope Dream. Instead, we got only a three-song set from the 29-year-old, headlined by the sticky thump of nwa. That December mini-release only whet appetites for the Grammy winner's worried-over third episode. **Release date: unknown**

Frank Ocean

Wishful thinking, perhaps, but Ocean must be due. The New Orleans-reared singer's official debut Channel Orange turns three in July, and — in his rare resurfacings — he's reported progress on a followup. Given Ocean's exacting standards, it's easy to imagine that he could stay still for another year — but let's think positive. **Release date: unknown**

Rihanna

The typically punctual RiRi has been silent since 2012's Unapologetic, which completed a run of four albums in less than four years (they all went platinum). A new record feels inevitable, in more ways than one: Her 13 career No. 1 singles tie her with Michael Jackson for third place all-time. **Release date: unknown**

Science versus celeb culture

New book. Author Timothy Caulfield reveals how much we're being duped by celebrities' advice on well-being

IZABELA SZYDLO
life@metronews.ca

Gwyneth Paltrow uses the blog of her e-commerce site, Goop, to promote the Clean Cleanse, which she swears by. Caulfield found that no scientific study appears to back up the theories put forth by the detox industry that cleanses clear toxins, parasites or even bad karma in a manner beneficial to our health. GETTY

Demi Moore has used leeches to detoxify her blood. Katie Holmes swears by snail slime to clear acne and reduce wrinkles. Gwyneth Paltrow is an avid promoter of, well, all things health — including the ever-popular cleanse.

But do any of these or other celebrity health endorsements and advice hold any scientific weight?

For his book Is Gwyneth Paltrow Wrong About Everything? Canadian author, professor and health policy expert Timothy Caulfield spent a year not only extensively researching and talking to a myriad of experts, but also trying some celebrity-recommended health, diet and beauty routines.

Gwyneth's name appears in the title and she is peppered throughout the book. Why is she such an easy target?
I genuinely like her and she seems like a sensible person, which is one of the reasons I was so fascinated by her. But she gives very explicit advice about our health, which does make her a pretty easy target in this area.

The book looks at the illusions that anyone can be a celeb and that celeb status is worth having, but focuses mainly on health and wellness. What are the dangers of buying into the pseudoscience of celeb health advice?

Timothy Caulfield. LUCY HAINES/ METRO

It pulls us away from the simple truth of what we need to do to be healthy. It also helps to legitimize pseudoscience, which hurts our ability to be a critical thinking society. In addition to that, the solutions that are offered are about short-term results using drastic measures for the purpose of achieving a particular esthetic goal.

You debunk a lot of hot topics — gluten-free, organic, drinking water to hydrate your skin, anti-aging creams, supplements, vitamins and more. What surprised you the most?
I was really surprised at how little good science there was on beauty and anti-aging products. There's nothing out there that's independent and really trustworthy considering billions of dollars are spent in this industry. The other one is juicing. It may give you variety in your vegetable and fruit intake but there's certainly nothing magical about it. It doesn't enhance anything health- or nutrition-wise.

You mention keywords we should be aware of such as detox, toxins and cleanse. Why do you think they appeal to people?
"Detox" is a semi-scientific sounding word and it pulls on our instinctive belief in how our body works. Therefore, it helps to legitimize the idea of a cleanse. Who wants toxins in their body? And it plays to people's fears about pollutants in our world and food, and offers a "solution" to that problem.

How frustrating is it for you, having written this book, to know that celebrity voices trump science?
It is very frustrating but that's one of my big conclusions now: The scientific, research, university and health care communities, we need to become part of the discussion. And the other thing I think is really important is having a trustworthy source of information that's independent and that people feel isn't coming from a compromised place. I hope the book isn't a downer, but liberating, so people don't have to worry about all that pseudoscience crap and can focus on the kind of stuff that really helps overall well-being.

Tim's top health tips

In the book Is Gwyneth Paltrow Wrong About Everything?, hitting shelves today, Tim includes the tried and tested ways to a healthy life.

- Don't smoke.
- Stay active, exercise regularly, and include some vigorous activities.
- Eat a balanced and calorie-appropriate diet that includes lots of fruits, vegetables, whole grains, lean protein, etc.
- Maintain a healthy weight (tough, I know).
- Wear sunscreen.
- Get an appropriate amount of sleep (which, for most, is between seven and nine hours a night).

Winter is the best time to start yoga

EVA KIS
Metro World News in New York City

The New Year can be a bit of a hectic time, what with the planning for the rest of the year, keeping warm and trying not to overindulge in comfort food. So, if you haven't started putting your resolution into gear, you're likely not alone.

If your goal is to get fit, winter is actually the best time of the year to begin — especially if you're thinking of giving yoga a shot. Celebrity trainer Kristin McGee tells us why.

Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem. "You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee. You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

Keep your healthy resolutions on track

Using your body as leverage doesn't just build muscles; research has shown it increases bone density.

Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not over-muscle your way through things, not overstretch, not pull things," McGee says. "The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff. A lot of times people injure themselves when a muscle is stiff."

Don't let stress wreck your mood

"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release.

"And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee.

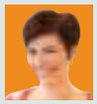
Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming. "When you're centred and you're in a better place in your life, and you feel fit and healthy on the inside, and you've got that peace of mind, you just naturally move better."

Yoga will help you with balance, which is great for those icy patches. ISTOCK

Why an air fryer may be your new best friend

Theresa's tips

An appliance that's worth the counter space



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I was pretty sure that the whole air fryer thing was just, well, so much hot air. So when I tried the countertop appliance, of which there are many versions, I expected it to disappoint.

For the record, I'm fascinated with all of the gadgets that could potentially clutter up my kitchen, and would love to try them all. But those that offer a healthier spin on traditional cooking methods have a particular place in my heart (if not on my counter).

Air fryers work on the same principal as convection ovens: They move hot air around the food to speed up cooking. The benefit of a fryer, though, is that the food goes right in the enclosed basket so the air circulates around all the food. You need very little fat sprayed or brushed onto the outside of the food for it to crisp up quickly.

The simplicity of use is idiot-proof. An air fryer is no more difficult than a microwave: Set the temperature, set the timer and go. I was looking forward to a battered KFC-type chicken without the grossness, so I was a little disappointed to find that it wouldn't work in the air fryer. A bread-crumb coating is the only option, as batter would drip and burn. The machine did turn out a fair facsimile, though, of what I was craving. Air fryers work best:

- for smaller families or individual meals;
- in dorms or student apartments;
- in place of a microwave (they reheat faster and better);
- on breaded or marinated foods;
- when food isn't crowded into the pan;
- on multiple foods as long as they have similar densities and cooking times;
- on fish, chicken or vegetables (steak doesn't impress);
- with highly pre-seasoned food (knowing that the missing fat added flavour).

If you love crispy fried food but are committed to eating better and have some space on your counter, an air fryer might be a good investment. If you have a large family or small kitchen you may want to stick to your oven.

An air fryer ISTOCK

Air-Fried Chicken. This breaded treat cooks up quickly, and is a much healthier alternative to a deep-fried dinner

This recipe was developed for an air fryer, which will quickly produce crisp chicken. If you don't have an air fryer, the chicken can be baked in the oven at 400 F for about 30 minutes. It will still be delicious.

This recipe for Air-Fried Chicken makes four servings. THERESA ALBERT

Ingredients

- 2 cups milk
- 1 tbsp Montreal steak spice
- 1 tbsp lemon juice
- 1.5 pounds boneless, skinless chicken legs
- 2 cups bread crumbs
- 1 tbsp garlic powder
- 1 tbsp Italian seasoning (or any combination of dried spices)
- ¼ cup grated Parmesan cheese

Directions

1. In a large bowl, stir together milk, steak spice and lemon juice. Soak chicken in milk for at least 20 minutes on the counter (or overnight in the fridge).

2. Mix together bread crumbs, garlic powder, Italian seasoning and cheese, and place onto a plate. Remove chicken from milk with tongs and dip into crumbs.

3. Place into basket and air fry as instructed by manual. If using an oven, place chicken on baking sheet and bake at 400 F for 20-40 minutes depending upon size of chicken pieces.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Stick a skewer into sweet and tangy peanut chicken

Spicy Peanut Chicken Satay. This is a great meal as it is, but you could take it further by serving the whole thing in a pita wrap

This recipe for Spicy Peanut Chicken Satay takes 25 minutes to make and serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 1 cup roasted peanuts
- 1/2 cup packed brown sugar
- 1/2 cup cider vinegar
- 1/4 cup fish sauce
- 1/4 cup garlic-chili paste
- 1/4 cup tomato paste
- 2 tablespoons grated fresh ginger
- 8 boneless, skinless chicken thighs, each cut into 3 strips
- 6 medium plum tomatoes, diced
- 3 avocados, pitted and diced
- kosher salt
- malt vinegar, to serve

1. Place the peanuts in a food processor. Using the pulse button, grind them until very fine. Be careful not to overgrind; the peanuts should resemble bread crumbs, not peanut butter.

2. Transfer to a large bowl, then mix in brown sugar, vinegar, fish sauce, garlic-chili paste, tomato paste and ginger. Add chicken, stirring to coat well, then refrigerate for at least 1 hour and up to overnight.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Thread the chicken onto skewers. If using bamboo skewers, soak them in water for about 30 minutes first to prevent them from burning.

5. Grill the chicken for 5 to 7 minutes, turning once. To serve, pile several skewers per plate, then spoon diced tomatoes and avocado over them. Season with salt and malt vinegar.

THE ASSOCIATED PRESS

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‘I think FIFA has made their decision’

Turf war. Wambach meets with official but doubtful organization will agree to play 2015 Women’s World Cup on grass

Marta and Abby Wambach speak on stage during the FIFA Ballon d’Or award ceremony on Monday in Zurich.
FABRICE COFFRINI/AFP/GETTY IMAGES

Top female players have taken a protest against artificial turf at the World Cup in Canada to FIFA secretary general Jerome Valcke, though with little hope of success.

American forward Abby Wambach and Germany midfielder Nadine Kessler met a FIFA delegation in Zurich Monday, ahead of the women’s top player award announcement at the Ballon d’Or ceremony.

Wambach said at the players’ official FIFA news conference that they talked “openly, candidly” with Valcke, but did not expect natural grass pitches to be approved ahead of the June 6 kickoff.

“I think FIFA has made their decision and they are sticking to it,” the 2012 FIFA player of the year said. “The powers that be, the logistics, the timing — it just may not happen.”

“It’s tough because as female athletes we want to be treated equal, and we want to be playing on grass,” Wambach said.

Wambach and Brazil forward Marta, the third candidate for the 2014 player award, have supported an anti-discrimination action filed in the Human Rights Tribunal of Ontario.

A lawyer for the rebel faction of women said a counter-proposal was also made to FIFA — that the 2015 Canadian tournament be played on artificial grass until the semifinals, third-place and final matches.

The proposal calls for temporary natural grass surfaces to be installed at Olympic Stadium in Montreal, Commonwealth Stadium in Edmonton and B.C. Place Stadium in Vancouver for those four games.

Lawyer Hampton Dellinger said FIFA had apparently wasted little time rejecting a proposal that would have settled the dispute.

“The battle over the use of plastic pitches at the women’s World Cup can easily and quickly come to a peaceful resolution,” he said in a statement. “All FIFA and the Canadian Soccer Association need to do is accept the players’ feasible, affordable, and more than fair deal. FIFA and CSA have no legitimate excuse to reject the players’ proposal and, if they have, I urge them to reconsider.”

FIFA spokesman Nicolas Maingot said Valcke had promised, at the meeting, to include players more in future discussions. THE ASSOCIATED PRESS

Timing off for disgruntled players

> **“If we had better dialogue over a year ago, two years ago, when these decisions were really being made, maybe we could have put together a coalition sooner to fight this.”**
> American soccer player Abby Wambach

$2-million lawsuit

Lafleur suing Quebec Crown, Montreal police

Former Canadiens superstar Guy Lafleur is seeking more than $2 million from the Crown and Montreal police in legal proceedings that began Monday.

Lafleur testified in 2007 at his son Mark’s criminal case and was the subject of an arrest warrant in 2008 when the Crown deemed he had given contradictory testimony.

He was found guilty in 2009 before the conviction was overturned on appeal a year later.

Lafleur, 63, is arguing the arrest warrant was exaggerated and unjustified and that his life has been adversely affected by the criminal case against him. THE CANADIAN PRESS

NFL

Broncos split with head coach

Coach John Fox and the Denver Broncos are parting ways following the team’s latest playoff meltdown.

Fox won the AFC West all four of his years in Denver, but each of those seasons ended in ugly fashion in the playoffs, culminating with Sunday’s 24-13 loss to Indianapolis. THE ASSOCIATED PRESS

NCAA football

Go to metronews.ca for coverage of Monday night’s NCAA football national championship game between the Ohio State Buckeyes and Oregon Ducks in Arlington, Texas.

Matt Walter. Stampeders reward RB with extension

The Calgary Stampeders have signed Canadian running back Matt Walter to a contract extension.

Walter had 453 rushing yards, two touchdowns, 11 receptions and 105 receiving yards last season, his third with the Stampeders.

In the post-season, Walter had four carries for 16 yards in the West Division final and had one kickoff return for 27 yards in the Stampeders’ 20-16 victory over the Hamilton Tiger-Cats in the Grey Cup game.

“Matt has steadily developed and escalated his game ever since joining the Stampeders,” said Calgary head coach and general manager John Hufnagel. “He has done an excellent job in his role and has stepped up and delivered when called upon as a starter. It’s a tremendous asset to the team to have a talented tandem of Canadian running backs in Matt and Jon (Cornish) and I look forward to continued great performances at that position.” THE CANADIAN PRESS

Greg Quick

Roughriders hire new defensive co-ordinator

Former linebackers coach Greg Quick was named defensive co-ordinator of the Saskatchewan Roughriders on Monday.

Quick, who has spent 30 years coaching at the pro and college levels, served as linebackers coach for the Montreal Alouettes in 2014. He also spent two seasons as linebackers coach with the Toronto Argonauts. THE CANADIAN PRESS

Soccer. Ronaldo caps hat trick with 3rd Ballon d’Or

For the third time, Cristiano Ronaldo was voted the world’s best soccer player. He hopes it also brought him closer to being remembered as one of the greatest of all time.

Ronaldo won the FIFA Ballon d’Or in a rout on Monday, racking up more than twice the votes of Lionel Messi, who edged German goalkeeper Manuel Neuer into third.

“I want to become one of the greatest players of all time,” Ronaldo said through a translator in his acceptance speech. “Of course, this requires a lot of effort and I hope to get there.” THE ASSOCIATED PRESS

Cristiano Ronaldo ENNIO LEANZA/KEYSTONE/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Try to be more logical in your thinking. If you look honestly at what happens today you will realize it is nowhere near as bad as certain people try to make out.

♉ Taurus
April 21 - May 21
You will notice someone today who for some reason you never noticed before. What other things have you overlooked?

♊ Gemini
May 22 - June 21
A co-worker will give you a hard time over the next 24 hours but you must not give them a hard time back.

♋ Cancer
June 22 - July 23
Don't worry if you find yourself moving in the opposite direction to everyone else today because no harm will come of it.

♌ Leo
July 24 - Aug. 23
You may be tempted to get involved with something that appeals to your adventurous nature but can you be sure it will work out okay? No you can't is the answer, but if you knew it would then it wouldn't be so much fun!

♍ Virgo
Aug. 24 - Sept. 23
If you allow yourself to get submerged in details over the next 24 hours you will almost certainly miss something big. Try to see the bigger picture.

♎ Libra
Sept. 24 - Oct. 23
What happens today may surprise you but it will also change your life in interesting ways.

♏ Scorpio
Oct. 24 - Nov. 22
You may have strong opinions about certain issues but what happens today and tomorrow will force you to question some of your long-held beliefs.

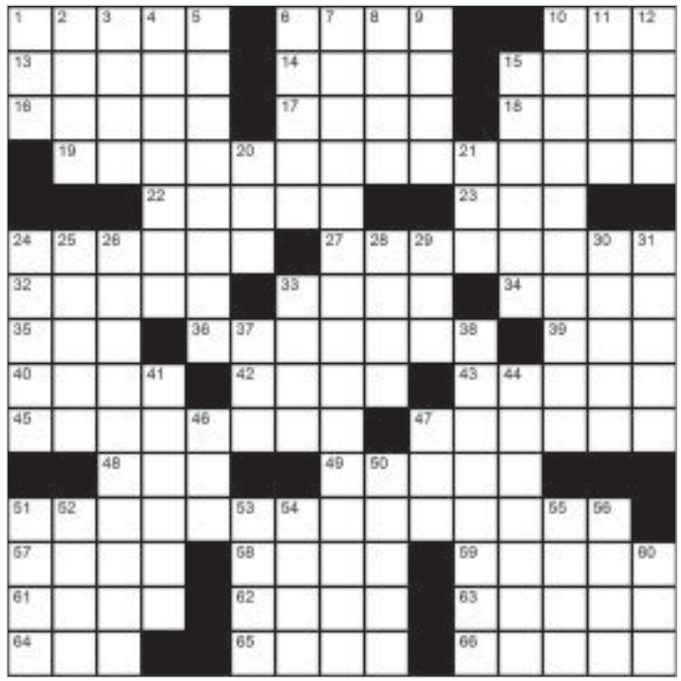
♐ Sagittarius
Nov. 23 - Dec. 21
Take care when dealing with someone you don't know very well. They may try to make you believe they are experts in their field but do you have any evidence of that?

♑ Capricorn
Dec. 22 - Jan. 20
Partnerships and relationships are under good stars today but you will only feel the benefit if you make an effort to think — and feel — outside your usual range.

♒ Aquarius
Jan. 21 - Feb. 19
Someone who does not approve of your desire to come and go as you please will try to clip your wings today. They will only succeed if they convince you that it's for your own good.

♓ Pisces
Feb. 20 - March 20
The message of the stars today is that you should finish what you have already begun rather than start something new.

Crossword: Canada Across and Down by Kelly Ann Buchanan



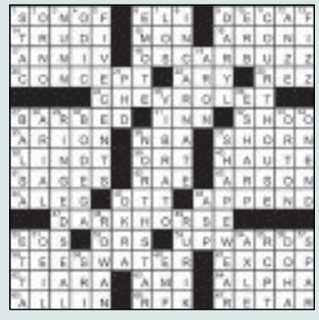
Across

1. Acid kind
6. Castaways' constructions
10. Lightly apply
13. The Primal Scream writer Arthur
14. Organic compound
15. Hide
16. Evoke "Eeks!"
17. "__ __ Angel" (1933)
18. Bypass
19. Sly & The Family Stone hit: 2 wds.
22. Painting outdoors = En __ air
23. Pou __ (Vantage point)
24. White poplar trees
27. Literary critic Mr. Frye born in Sherbrooke, QC
32. 'Octomom' Ms. Suleman
33. Most marvelous
34. One just getting by
35. "Promiscuous" singer ...her initials-sharers
36. For each day: 2 wds.
39. Three non-consonants
40. "Live __ __!" (Old consumer-themed Canadian show)
42. Tapes, tiny-ly
43. Cain's brother's namesakes
45. "...to fight the horde and sing and cry, __, I am coming." - Led Zeppelin, "Immigrant Song"
47. Diagnostic test
48. Celtic sea god
49. Spring flower
51. McCain product: 3 wds.
57. De __ (Again, in Latin)
58. Adjoin
59. Perform, Shakespeare-style
61. British streetcar
62. Soccer legend
63. Habituate, variantly
64. Francisco's partner
65. Three: Spanish
66. Asgard denizens

Down

1. Car racer Mr. Foyt's
2. King's staff
3. __ _ _-formation (How Canada Geese fly)
4. Beatles tune that starts "This happened once before...": 2 wds.
5. Jump that bit too far
6. The __ Chronicles (Wendy Wasserstein play)
7. Spacecraft without astronauts: 2 wds.
8. Stylish
9. Swill
10. "Steven and Chris" relationship dilemma game: 3 wds.
11. Botanical casing
12. Memory unit
15. Playwright, Clare __ Luce
20. "For sure!"
21. Ballpark fig.
24. Couple's yrly. celebration
25. UK's Oscar equivalent
26. Canadian comedy team Wayne & Shuster were guests on his show more than any other act: 2 wds.
28. 'Psych' suffix
29. Commuter's regular course, briefly
30. Trompe l'__ (Visual illusions)
31. Commonplace
33. Belgian songwriter Jacques
37. Schubert's The __-King
38. Central concept: 2 wds.
41. Prodigy, puny-ly
44. "No Matter What": Hit for what Irish group?
46. Electrical discharge
47. Jazz style
50. Feminine suffix [pl.]
51. Dynamites
52. Lively circle dance
53. Deeply absorbed
54. Slangy 'super'
55. Greek Myth: Supreme god
56. Longfellow's bell town
60. Him opposite

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1				3		
9	3		8		2		1	7
		5		9		2		
	7		9		6		4	
		3				6		
	6		2		4		5	
		4		7		8		
8	5		1		3		6	2
		9				5		

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Yesterday's Sudoku

1	7	6	8	9	2	4	5	3
8	5	4	3	1	7	2	6	9
2	3	9	4	5	6	7	8	1
5	1	7	9	3	4	8	2	6
3	6	8	2	7	1	9	4	5
4	9	2	5	6	8	3	1	7
6	8	1	7	2	3	5	9	4
9	2	3	6	4	5	1	7	8
7	4	5	1	8	9	6	3	2

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